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## ABSTRACT OF THE DISCLOSURE

Title: Extensible and retractable elements and various uses for the elements.

In its basic embodiment (100), a flexible loop (118) connects two elements (104, 106). When moved on one element, the loop transmits motion to the other element (104, 106,) or object (119). Additional linked elements and loops can be added, to extend and multiply the movement. When the user cause the loop a driving motion, the second element receives a driven motion and moves, which causes to additional elements or objects to move also. This can multiply any movement. The system transmits and multiplies movements via telescopic sticks for cleaning, gardening, vacuuming, measuring, painting, guarding and in other tasks and fields. It works with tools and structures including stands, musical instruments, umbrellas, shades, chairs, tripods, tables, tents, boats, and equipment for cargo transportation and delivery. ~~The invention can be applied to and improve many other devices, structures and systems.~~